



Jason Kehoe, NMT: Jason runs a Neuromuscular Physical Therapy & Sports Injury clinic in Dublin, specialising in running injuries and running technique analysis. A coach and sportsman from a young age, he played and coached hockey for 20 years representing Ireland at junior level before discovering athletics where a passion developed for Mountain Running. He represented Ireland in mountain running and won the 'Irish Mountain Running Championships' in 2015 as well as several 'King of the Mountains' titles. He regularly competes with his club Crusaders A/C and is the XC coach of Loreto Abbey Secondary School, Dalkey. He is also a qualified coach in MovNat™ Natural Movement training and Gymnastics.

In 2010 he co-founded coaching company 'ChampionsEverywhere' and was part of the first group of athletics endurance coaches to be educated by the Lydiard Foundation, USA. A major injury in 2012 led him on a desperate search across the medical system for a solution and was the catalyst to leave a successful career in IT (BSc) to enter the sports therapy and coaching fields full time. Jason puts running technique and mobility as the primary foundation, all other physical aspects of athletics training should be built upon. Since 2012 ChampionsEverywhere have been organising running technique workshops and seminars for coaches, runners and clubs.

Jason will take coaches through a practical demonstration (running gear required) entitled: **'Running Technique Coaching Cues – Keeping it simple for your athletes'**.



René Borg: René is an expatriated Dane settled in Co. Wicklow where he serves as Head Coach for local club Glendalough AC and helped setup the current coaching structure for West Waterford AC. He coaches a large stable of runners online and in person and has worked with hundreds of athletes over the last decade.

With a background as an MSc in Systems, he left behind the complex systems of the world of IT to work full-time on understanding an even more complex system: the human runner. Never a natural athlete, René competed in hill running, track, road and cross-country before being educated by UKA as a Fell and Mountain Running Level 2 coach. In 2011 he co-founded coaching company 'ChampionsEverywhere' and was part of the first group of athletic endurance coaches to be certified by the Lydiard Foundation in the US.

A series of major injuries led him on an unexpected journey to find the root causes becoming the impetus to leave a 10-year career in Microsoft's outsourced services for a life of professional coaching. Rene specialises in human motor skill learning and biomechanics and their effect on injury and performance. Since 2012 ChampionsEverywhere have been organising running technique workshops and seminars for coaches, runners, and clubs. He is currently completing his education as a Neuromuscular Physical Therapist.

René's presentation is entitled **"Keeping today's athlete injury free"**



Robert Hawkins:

Robert is a UK Athletics Event Group Endurance Coach and is currently employed by Scottish Athletics as the National Coach Mentor for Endurance and programme manages of some of Scotland's top endurance athletes. A member of Killbarchan AAC since 1974, Robert has served the club as athlete, Committee Member and now Coaching Development Officer, and currently coaches the clubs Junior Male Endurance Group.

A former Scottish Junior Cross Country Champion and Junior International Athlete, he has personal experience of the demands of transferring junior potential to senior success and has utilised these experiences in coaching his sons Derek and Callum on their journey from promising junior athletes to the Rio Olympic Marathon.

Roberts's presentation is entitled **"Coaching my sons Callum & Derek to the Rio Olympic Games"**



Robert Denmead:

Robert has coached middle and long distance athletes for the past 24 years and is a NCC Level 3 coach. He has coached Paul Robinson who finished fourth at both the European Senior 1,500m Champs 2014 and the European U-23 1,500m in 2013 and has PB's of 1:45.8 for 800m and 3:35.2 for 1,500m. He was 9th in the World Junior 1,500m final and competed in the World Senior Championships over 800m. Robert has coached athletes who have competed at all the major championships including the Olympic Games, the World Championships and the World Cross Country Championships. He is one of only two Irish coaches who has coached a European Junior Champion (Colin Costello 2005 1,500m). He has coached 10 athletes who have represented Ireland at the European Cross Country Championships and his athletes have set five National records at Junior and U-23 level for 1,500m and the mile.

Robert was a national juvenile champion and is a full time coach who runs an on-line coaching business called www.robdenmeadrunningcoach.com He currently coaches athletes with a wide variety of abilities and ages and was the Head Coach of Tullamore Harriers Juvenile section for 10 years. He is one of Ireland's foremost experts on altitude training and he has been to Font Romeu with athletes for altitude training on many occasions. He has also been a National team coach with Irish teams at European CC Champs, European U-23 Champs and various other internationals and Irish Youth and Junior training camps abroad.

Roberts's presentation is entitled **"My Coaching Philosophy & a look into the training & preparation of Colin Costello & Paul Robinson"**.

Paul McNamara:



Paul McNamara is a former distance runner and current coach. As an athlete he represented Ireland at European and World Cross Country Championships and won national senior medals in cross country, 10,000m, 10km, half-marathon, marathon and steeplechase. He holds IAAF Level IV Coaching Certification and holds a Master's Degree in Applied Sport & Exercise Science from Staffordshire University where he received a distinction in his dissertation comparing VO2 Kinetics amongst middle- and long-distance athletes.

He has been employed by Athletics Ireland as a Regional Development Officer since 2006 and has recently been added to Athletics Ireland's High Performance team as senior endurance coordinator, whilst also on secondment to AIT as their Athletics Development Officer. Paul has been coaching since his running career ended and currently serves as endurance coach in AIT, which has become one of the more successful sides in inter-varsity competition in recent years.

He has been part of the Irish management team at the European Cross Country Championships since 2014, and his presentation will focus on preparing athletes for the European Cross Country Championships, acknowledging it's anomalous place on the competition calendar, and the requirement to be in peak shape in what has traditionally been, and should continue to be, a time for base-building.

Paul's presentation is entitled "**Coaching with European XC Championships in mind- Preparing for a December Peak**".

Henry Kiely:



Henry is an Athletics Ireland Level III & IAAF Level IV qualified endurance coach. He comes from an amateur boxing and athletics background and competed successfully in both codes in the 70's / 80's. He has worked as a volunteer middle distance & marathon coach since 2005. Henry mentors & coaches the development of the club athlete to international level.

He works with his coaching colleague Ann as part of a team based at the University of Limerick. They both work with MD athletes from various clubs in the Limerick area. Henry and Ann have coached many successful athletes from the Limerick area including Amy O Donoghue, Jessica Coyne and Kyle Larkin. Outside of athletics Henry works as a Project Engineer for a Telecommunications Company.

Henry's presentation is entitled **"A look into the training of 800m/1500m athlete Amy O Donoghue"**.